

Are you looking out for your health?

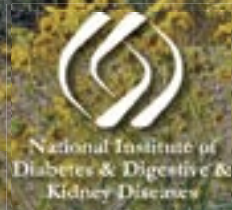
- Do you have diabetes?
- Do you have high blood pressure?
- Did your mother, father, sister or brother ever have kidney disease or kidney failure?
- Has a doctor ever told you that you have protein in your urine?

If you answered "yes" to any of these questions, you are at risk for kidney disease. Now is the time to talk to your doctor or healthcare professional about getting tested.

You have the power to slow kidney disease.

Did you know...

- Native Americans are twice as likely to have kidney failure as others?
- Diabetes and high blood pressure are the two leading causes of kidney failure?
- That many of us with diabetes and high blood pressure may also have kidney disease?



Learn More About Kidney Disease:
National Kidney and Urologic Diseases
Information Clearinghouse
Bethesda, MD
1-800-891-5390
www.kidney.niddk.nih.gov

Looking Out for Our Health

Hole in the Rock Butte is a place where our ancestors looked out to see if danger was coming. Today we must look out for kidney disease. There are steps we can take to slow its progress.

We have the power to slow kidney disease.

Do I have kidney disease?

Kidney disease is a growing problem in the United States. It affects adults of all ages and races. People with diabetes, high blood pressure, or a family member with kidney failure are more likely to develop kidney disease. As Native Americans with any of these risk factors, we have an even greater chance of developing this disease.

Healthy kidneys filter our blood. They remove waste and extra water. Kidneys maintain balance inside the body.

When kidneys are diseased they slowly stop doing these jobs. If not treated, kidney



I look out for my health by talking to my nurse and my doctor.

“It’s a very important thing to know about kidney disease and what stage you are. Ask the professionals, they are there to help you.”

—Clayton Card

disease can lead to kidney failure. When that happens, dialysis or a kidney transplant are the only options for keeping us alive.

Diabetes is the most common cause of kidney failure. Diabetes damages small blood vessels in our bodies. When the blood vessels in our kidneys are hurt, our kidneys are not able to do their job well. The longer we have diabetes the greater our risk for kidney disease.

Our choices influence the health of our kidneys.

Kidney failure can be prevented or slowed.



I look out for my health by walking. “You know walking really does help you a lot.”

—Roselene Lovelace



What if I have diabetes?

To prevent or slow kidney disease, people with diabetes should keep their blood sugar and blood pressure under control. Specific medicines can also slow kidney disease. Early kidney disease has no symptoms, so it’s important that people with diabetes get tested for kidney disease every year.

Ask your health care provider to test your blood and urine for early signs of kidney disease.

We have the power to slow kidney disease.



I look out for my health by keeping to my diet and not drinking alcohol.

“Although I used to be an alcoholic and I smoked cigarettes, I quit. I also stopped drinking pop and I started to use less sugar and salt.”

—Fernald Gonzales